

Herbs and their uses

I read in a Relief Society Magazine once that President David O. McKay said, "If we only knew the goodness of Stinging Nettle we would cultivate it as a prize crop rather than grubbing it out as a noxious weed." I felt as if he knew more than he was saying or wish he did.

Medical properties: pectoral, duretic, astringent, tonic, styptic and rubifacient.

According to Back to Eden, it is an excellent remedy for kidney trouble. It will expell gravel from the bladder and increase the flow of urine. For Neuralgia.

A poultice of green steeped leaves will relieve pain, but will raise blisters if left on too long. It will kill worms and expel them. For diarrhea, dysentery, piles,

hemorrhages, hemorrhoids, gravel, inflammation of the kidneys. make a tea using, 1 teaspoon of dried Stinging Nettle, to 1 cup water. Simmer for 10 minutes.

A poultice of boiled leaves will stop bleeding externally.

Stinging Nettle tea is an excellent hair rinse, use as the last rinse massage well for dandruff.

In the early spring when about 4 inches high, they make a good green vegetable, cook them like Spinach. They are a good blood purifier and helps get through Spring Fever.

When harvesting, wear long sleaved shirt and heavy gloves. Use a sharp knife. Wash and dry them for latter use. Cut tops above any dried, wilted leaves.

Pearl Malinda Street

HEBER CITY - Pearl Malinda Street, 89, died July 31, 1982 in a Salt Lake City Hospital. Born June 30, 1893 in Midway, Wasatch County to Joseph and Anna Christensen Galli. Married Joseph Kay Street December 27, 1909, in Heber City. Later solemnized in the Manti LDS Temple. He died May 11, 1974.

Served many years in positions of leadership in the LDS Church.

Survived by sister and brother: Mrs. Francis (Alice) Probst, Midway; Lewis Leonard Galli and John Lester Galli both of Salt Lake;

Wasatch County throughout the entire year unless otherwise designated. Locations in USB&M.

57723 (43-9201) J.H. Allen Corp., c/o Nelda A. Steadman, 1050 E. 13200 S., Draper, UT 0.015 sec. ft. of water is to be diverted from either Aspen Cove spring, or a 6-inch well, 100-500 ft. deep, at a point S. 470 ft. W. 1400 ft. from E $\frac{1}{4}$ Cor. Sec. 4, T4S, R10W (8 mi. SW of Fruitland); and used for the domestic purposes of one family in NW $\frac{1}{4}$ SE $\frac{1}{4}$ Sec. 4, T4S, R10W.

57775 (43-9205) Strawberry Pines, Inc., 1600 Park St., SLC, UT

NOTICE

During August 6th and 7th, 1982, there will be one hour parking only from 8 A.M. to 5 P.M. and no parking between the hours of 5 P.M. and 8 P.M. on Main Street between 600 South and 400 North. Violators will be cited and/or vehicles towed away at owners expense.

The Board of Education will hold a special board meeting on Thursday, August 5, 1982, at 9:15 P.M. in the board room of the school board office at 173 East 200 North, Heber, Utah, and will

PROPERTIES FOR SALE BY